

Abstract of the Disclosure

5       An individual portion size food container system and method is provided that is easy for the consumer to handle, facilitates a uniform dispersion of an edible liquid, such as salad dressing, on the food and can be suitable for use in a standard automobile cup holder. The salad container system permits a quantity of an edible liquid, such as salad dressing, to be added thereto and rapidly and easily substantially uniformly dispersed within the quantity of food contained therein prior to consumption.

10       In addition, an apparatus and method of filling substantially simultaneously a plurality of individual portion size food containers is provided in which a plurality of food containers are contained in a predetermined array.